

Free every fortnight

the newham mag

ISSUE 162
23 January 2009



Page 12
Free outings
for the over
50s



Page 24
Feed
the
world

> Follow in their footsteps: get active





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the newham mag



Heart disease is a growing problem in Newham but there are lots of ways you can reduce your risk – walking is just one of them. Learn more about the condition on page 18 or answer our call for walk leaders, on page 11, and help others follow your lead.

As part of the warm centres scheme we're offering free outings for older people – turn to page 12 to find out more and snap up your place.

And finally read about Cato Tallis-Lock's ingenious way to get his family to spend more time with each other on page 34.

Anita

Don't forget – Free inside this issue, In Focus, containing news and events from Beckton, Custom House and Canning Town, East Ham, Forest Gate, Green Street, Manor Park, Plaistow, Royal Docks and Stratford and West Ham community forums.

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Look out for the next issue from 6 February

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PREPARING FOR EMERGENCIES

Sometimes something out of the ordinary can happen to us. It may only affect us or our immediate family, but it can disrupt our daily lives and cause us problems. Sometimes things can go wrong on a bigger scale, affecting the building or area in which we live and cause problems to our whole family and neighbourhood. The BBC ran a What If? campaign to prepare people for unexpected disruption. The council has plans and procedures for the co-ordination and management of major incidents and civil emergencies, but would still advise residents to make their own plans for the unexpected.



People are usually taken by surprise by emergencies, so What If? aimed to get us all thinking about what we would do if we could not get into our homes for several hours, or even days. Advice included preparing a 'grab bag', containing some of the things that will help you to survive in or outside your

home during an emergency, for example bank cards, first aid, ID, important documents, bottled water and items for children (formula, nappies etc). In addition to this, the campaign advised people to:

- ensure that everyone in their family knew what to do
- follow instructions given by emergency services
- pick two meeting points, one near home and one further away to meet family at if they become separated
- choose a friend or relative who lives outside London who each family member can phone to let them know that you are okay. Make sure that everyone in the family always has that number with them
- Keep away from your home until you are told by the emergency services that it is safe to return.

Always call 999 in an emergency. For more information and useful links, visit www.newham.gov.uk/services/emergencyplanning

Building Schools for the Future gets go ahead

A huge programme of improvements to Newham's schools got the final green light when an agreement was struck between Newham Council, Partnerships for Schools, developer Laing O'Rourke and educational ICT specialist RM. Over the next ten years, Little Ilford, Lister, Rokeby and Stratford schools will be rebuilt, Rokeby and Stratford schools on new sites, bringing improvements worth millions of pounds. Brampton Manor, Eastlea, Forest Gate, Langdon, Plashet, Royal Docks, St Angela's, St Bonaventure's and Sarah Bonnell schools will be remodelled and refurbished.

The BSF programme represents a massive commitment to investing in

Newham's young people, and helping them to achieve their full potential - one of the council's primary aims for the borough. By the time the works are complete, all schools will be fully accessible, and the improvement process will target particular groups of students found to be underachieving.

Executive member for children and young people, Councillor Quintin Peppiatt, said: "This is a landmark announcement for the future of Newham's schools. We have spent considerable time selecting our partners and in developing this programme to transform the environments which young people learn in."



Cllr Peppiatt joins developers, council staff and pupils from Lister School



Owner sought for Staffordshire bull terrier found in Beckton

Newham Council is keen to reunite a Staffordshire-type bull terrier with her owner, or find a new home for her. Animal welfare officers were alerted by residents that a dog had been seen wandering around Hallywell Crescent in Beckton.

The dog is brindle colour with a white chest and white socks. She is about two or three years old and appears to have previously been properly cared for. The team

has nicknamed her "Socks".

Executive member for housing and public protection, Councillor Andrew Baikie, said: "We are appealing for the dog's owner to contact us. If no one comes forward, then we would need to find her a suitable new home."

Anyone who would like to discuss having their animal spayed or would like any help or advice about their pet can contact the animal welfare service on 020 8586 9739.



Newham's GCSE results continue to rise

The percentage of Newham's 15-year-olds who achieved five or more GCSE or equivalent exam passes at grades A* to C continues to rise. Results for 2008 reveal that 57.5 per cent of students from the borough's secondary schools achieved this level – an increase of 1.7 percentage points from 2007 and continuing the year on year increase.

The proportion of Newham students achieving five or more GCSE or equivalent grades from A* to C including English and maths - the Government's gold standard - has risen by 1.3 points from 44 per cent in 2007 to 45.3 per cent in 2008. This result has met the target set by the Government.

Mayor Sir Robin Wales said: "Our schools continue to perform better than many of our neighbouring London boroughs. This is testament to our commitment to investing in our schools to ensure we continue to do better year on year."

DON'T FORGET!

- Free weekend swims for all adults at Newham's four leisure centres.
- Last chance to vote for extra funding for the Greenway: www.newham.com
- Enter the Newham borough writing competition – see your In Focus for more details.

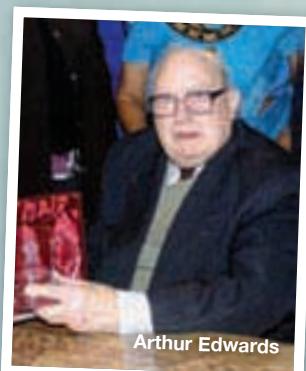
MEMORIAL SERVICE

A memorial service will be taking place at the Old Town Hall in Broadway, Stratford, on January 30 for honorary alderman and former ceremonial mayor Arthur Edwards.

Arthur, who died in November aged 88, was first elected as a councillor on the former County Borough of West Ham in 1946 and stayed on as a Newham councillor until 1986. He served as mayor in 1967 and was deputy leader of the council in 1982. He also sat on the Greater London Council for 22 years.

Mayor Sir Robin Wales said: "Everyone is invited to attend the service to remember a man who worked tirelessly for local people and devoted much of his life to creating and shaping this borough."

The service will be conducted by the Rev Ron Smith and starts at 1pm.



Arthur Edwards

NEWS // IN PICTURES

Walking on water. Two geese tread carefully on the lake in Beckton District Park.





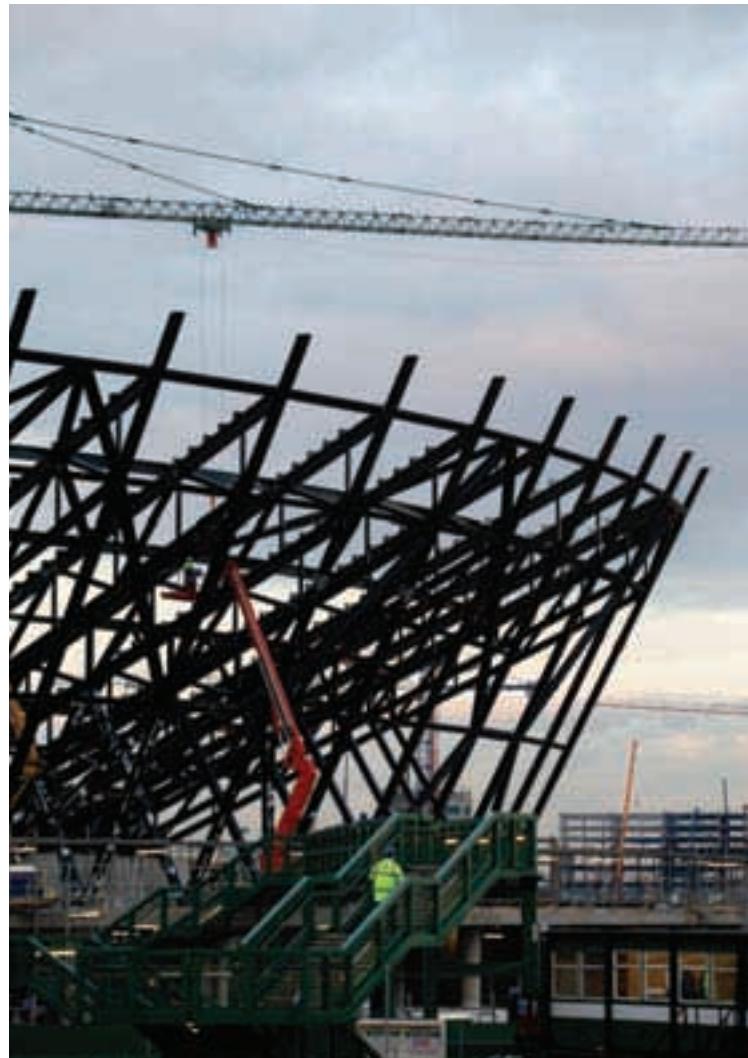
Sunset over Newham.



Plant for life at Memorial Park, West Ham.



Eye of the tiger: A youngster at the East Ham Community Forum safety event.



Park in progress: Olympic developments.

Many people are going through a tough time at the moment with the credit crunch and rising food and utility bills so I am pleased that the Government is taking action.

The 'New Opportunities White Paper' outlines the Government's commitment to building a fairer society by skilling people for future jobs. They plan to do this by investing in families, communities and citizens throughout their lives and by providing the support necessary to ensure people are able to have a fair chance at getting jobs.

I want Newham to be ready to compete for all jobs, and the only way to achieve that is to invest in people; in their skills, education and families. Some of the proposals include extending free childcare for working families, 35,000 new apprenticeships for young people and there will be a £15m Communities Fund to tackle deprivation.

I welcome these changes, particularly as they echo a lot of the work we're already doing in Newham. Workplace and the Mayor's Employment Pilot have been running since 2007, supporting those who are long term unemployed or have never worked before to find work and suitable training.

"I believe strongly in the power of employment and education to help rebuild communities and families"

I believe strongly in the power of employment and education to help build communities and families. That's why last year we launched the Excellence for All consultation which looks at closing the gaps created by social exclusion and child poverty. The results will help us shape our Children and Young People's Services over the next ten years.

Although we are facing difficult times, I will continue to listen to you and ensure that there is continued support for Newham families, so that we persist in creating opportunities for everyone.



Start as you mean to go on

If you've managed to break all your new year resolutions here's a new one for you – recycle more! Whether it's your unwanted paper or your green garden waste, recycling is a small change that can make a big difference to our environment.

Hundreds of you started, hopefully, as you mean to go on by booking a free Christmas tree collection and so far we've collected more than 400, which will be turned into compost. Turn to page 22 for more ways to sensibly get rid of your unwanted refuse.



BARNSTABLE AND NEWHAM SEAL THEIR PARTNERSHIP

Newham's 2012 partnership with Barnsley was sealed when West Ham United played Barnsley in the FA Cup third round tie. Last autumn we teamed up with Barnsley Council on a pioneering project focussing on sharing expertise across a wide range of fields, including sport, culture, volunteering, health and enterprise.

A group of our local children joined schoolchildren from Barnsley on the pitch at half time and took part in a penalty shoot out in front of tens of thousands of supporters. Of course, our children were hospitable enough to let our guests win – but I'm proud to report that West Ham United were not!



Sir Robin with the budding footballers

Mayor's view

Democratic dialogue

It's a new year, which means a whole round of new Question Time sessions. These are usually held monthly, in different community forum areas in the borough so everyone can have their chance to raise any questions or issues with me personally.

The next session will be held in **Beckton on Monday 26**

January, at the Winsor Park Community Centre, 20 Warwall, Winsor Park Estate, Beckton, E6, from 6.30-

7.30pm. Unusually for Question Time, visitors will be welcomed with a musical interlude from Gallions Primary School's choir, so come and lend your support to the group.

Question Time sessions are usually community forum area specific but this year I'm reintroducing boroughwide sessions. These differ from the usual meetings in that, although they're held in one area, everyone from across the borough is welcome to attend.

The two dates for your diary are:

Saturday 31 January, Old Town Hall, Stratford, Council Chamber, 29 Broadway, E15, from 9.30-10.30am

Saturday 7 February, Newham Town Hall, East Ham, 324 Barking Road, E6, from 9.30-10.30am



Can't make it to Question Time?

If you'd rather see me face to face I hold a number of Here to Help surgeries every month. All you need to do is turn up – dates and times are below.

1st Friday of the month, 1.30-2.30pm

Stratford Local Service Centre,
112-118 The Grove, Stratford, E15

2nd Monday of the month, 9.30-10.30am
Community Links, 105 Barking Road,
Canning Town, E16

3rd Wednesday of the month, 5-6pm
Newham Town Hall, Barking Road, East Ham, E6

4th Saturday of the month, 9.30-10.30am
Manor Park Local Service Centre, 685-689
Romford Road, Manor Park, E12

Alternatively, you can speak to me over the phone at a telephone surgery which are held on:

Every second Wednesday of the month,
9.30-10.30am

Every fourth Wednesday of the month,
9.30-10.30am

You can call me on 020 8430 2107 during these times.

Please note, these dates are valid at all times except in the months of August, December and any bank holiday weekends.

Being one of the few elected mayors, I am directly accountable to you. You can meet me and discuss any issues that you think I can help with. To find out more visit my website at www.newham.gov.uk/mayor or call 020 8430 2107 to find out where I'll be.

with Sir Robin Wales

Civic Awards 2009: spread the word!

For the ninth year running we are teaming up with the Newham Recorder to honour local people who make a difference to the lives of others and we need you to nominate them.

Up to 12 awards will be awarded for good citizenship and one for bravery. The winners will be presented with a souvenir and two tickets to the Civic Ambassador's grand spring ball hosted by Councillor Akbar Chaudhury at Newham Town Hall on 25 April. Cllr Chaudhury said: "I'm really looking forward to this year's awards. They are a great opportunity to thank those who make our lives a little brighter. I hope as many of you as possible will nominate your friends and neighbours."

Those nominated must be residents of Newham, they must give their time to the community freely and must be 18 or over (citizenship awards) or 16 or over (bravery awards). You cannot nominate someone you're related to.

To nominate please complete the application form on this page or, for further information, call the Civic Office on **020 8430 2105** or email **mark.james@newham.gov.uk**. The closing date for nominations is **Friday 6 February**.

Nomination Form

I WISH TO NOMINATE THE FOLLOWING PERSON FOR A BRAVERY/ OUTSTANDING CITIZENSHIP AWARD 2009 (delete as appropriate)

NAME OF NOMINEE:

ADDRESS:

POSTCODE:

Telephone Number: **DOB:** (should be over 18)

MY NAME (You must not be related to the person being nominated):

ADDRESS:

.....

Telephone Number: **POSTCODE:**

HOW DO YOU KNOW THIS PERSON?

.....

REASON FOR NOMINATION:

.....

..... (Please attach a separate sheet if necessary)

IS THE PERSON PAID FOR THIS WORK?

WHEN WAS THE ACT OF BRAVERY?

Send nominations to Mark James, Civic Office, Newham Town Hall, Barking Road, East Ham, London, E6 2RP by 6 February.

Feeling like there's a bit more of you since Christmas? Lots of you will be trying to shed a few extra pounds this January and the council is coming to your aid. We will be launching a led walks programme from all community centres that will be available for everyone to join. And you could go one better this year and sign up to become a qualified volunteer walk leader, helping yourself and the rest of Newham get active.

If you:

- Enjoy walking
- Want to meet new people
- Want to increase your fitness and stamina
- Have good local knowledge and
- Want to help your local community

then becoming a walk leader could be right up your street!

Led walks are a great option for people who are overweight or living with health conditions to get healthy, and for those who are at risk or feel isolated. Just 30 minutes a day of brisk walking can have many health benefits, including helping to reduce your risk of heart disease, control your body weight, strengthen bones, reduce high blood pressure, stress and anxiety and increase your overall

confidence and wellbeing. They also provide an ideal opportunity for residents to become aware of other activities on offer within their community centre and to meet people and have a chat.

Volunteers will be trained up for free to encourage walkers to:

- increase their physical activity levels through walking
- reduce the risk of falls and immobility
- reduce the risk of health problems, mental health and stress
- improve confidence, stamina and energy
- control their weight
- improve their life expectancy
- increase awareness and access to other activities in their local community centres.

To become a walk leader you will need to undertake walk leader and First Aid training – both of which will be free – on 12 February at Beckton Community Centre on East Ham Manor Way, E6.

To register contact Paula Peaty on 020 8430 3909 or email paula.peaty@newham.gov.uk

You will need to bring comfortable footwear and clothing.

Dates for new walks are not yet confirmed. If you can't wait, get going with Newham Striders! Contact Bob Bicheno on 07950 186 137 for more information.



**WALK
THIS
WAY**

Keeping warm is a real hot topic – and there's yet another cold snap on the horizon. For those of us on low incomes, high energy bills spell worry. That's why the council provides Warm Centres throughout the winter. If you're finding it hard to cope with energy costs, check the list of centres opposite for one near you.

For the last three years, we've also provided a varied programme of outings for older people. As well as a great reason to get out of the house, the trips are brilliant fun too. Why not take a look below and see if any suit you?

Historical city of Canterbury, Kent – Monday 16 February, 10am-4pm

Scenic Cambridge – Thursday 19 February, 10am-5pm

St Albans Cathedral and Abbey, Herts – Saturday 21 February, 10.30am-4.30pm

Bushy Park, near Hampton Court – Saturday 7 March, 10am-5pm

Executive member for culture, Councillor Jo Corbett, said: "These trips are a terrific opportunity to meet up with old friends or make new ones, while discovering a place that you may not have visited before.

"I would recommend you hurry up and book your place so that you don't miss out."

All outings will be picking up from and dropping off at the reception area, Newham Town Hall, East Ham. Call **020 8430 2486** for more information.

Don't miss out!

There are plenty of other activities going on locally if you'd rather stay borough-bound. These are all free to Newham residents aged over 50.

The Mayor's Valentine Tea Dance for older people: Wednesday 11 February from 1.30-4pm. Come along to the Old Town Hall, Stratford, for dancing with afternoon tea and cakes. Call 020 8430 2486 for tickets but apply early as these are snapped up!

Quiz Night: Saturday 31 January from 7.30-10.30pm at Hathaway Community Centre, Hathaway Crescent, Manor Park, E12. For more information contact 020 8548 4980.

Carrom Tournament: Thursday 29 January from 3-6pm at Katherine Road Community Centre, 254 Katherine Road, Forest Gate, E7. For more information please contact 020 8548 9825.

Beat the big freeze with free outings





Go along to a warm centre near you and enjoy:

- Dancing and sing-alongs
- BIG bingo!
- Refreshments
- Games with monthly inter-forum competitions for dominoes, darts etc
- Make new friends
- Pensions/benefits advice
- Health checks
- Walks
- Shopping trips and outings
- Tips on healthy eating
- Massage and therapy sessions
- Fuel advice
- Books and magazines

Available to Newham residents only.
For further information call 020 8430 2486 or visit www.newham.gov.uk/winter

Newham Warm Centres

3 November 08 – 27 March 09



Aged over 50? Don't be home alone this winter.

Ascension Centre
 Baxter Road
 Custom House E16 2PB
 020 7511 1232
 Tuesdays and Thursdays
 10am–3.30pm

Beckton Community Centre
 14 East Ham Manor Way
 Beckton E6 5NG
 020 7511 1214
 Mondays, Wednesdays and Thursdays
 10am–4pm

Chandos Community Centre
 Colegrave Road
 Stratford E15 1DZ
 020 8534 0140
 Monday
 10am–2pm

Chatsworth Community Resource Centre
 4 Chatsworth Road,
 Stratford E15 1RE
 020 8555 4477
 Monday–Friday
 10am–4pm

Cundy Community Centre
 Hartington Road
 Custom House E16 3NP
 020 7474 6056
 Mondays and Wednesdays
 12.30–3.30pm
 Wednesdays 8–10pm
 Sundays 7.30–10pm

EKTA Project Froud Community Centre
 1 Toronto Avenue
 Manor Park E12 5JF
 020 8514 5221
 Wednesday, Thursdays & Fridays
 1.30–4pm

Field Community Centre
 147 Station Road
 Forest Gate E7 0AE
 020 8536 2800
 Wednesdays only
 11am–4pm

Grass Roots Community Centre
 Memorial Avenue
 Memorial Park
 Stratford E15 3DB
 020 7474 6376
 Thursday only
 10.30am–12noon

Hathaway Community Centre
 Hathaway Crescent
 Manor Park E12 6LR
 020 8548 4980
 Thursdays only
 11am–3pm

Hibiscus Community Centre
 Buckingham Road
 Stratford E15 1SP
 020 8519 6159
 Tuesdays and Thursdays
 11am–3.30pm

Jeyes Community Centre
 James Close
 Plaistow E13 9BB
 020 8430 2486
 Mondays & Tuesdays
 12noon–4pm

Katherine Road Community Centre
 254 Katherine Road
 Forest Gate E7 8PN
 020 8548 9825
 Tuesdays and Thursdays
 10am–4pm

London Tamil Sangam
 369 High Street
 Manor Park E12 6PG
 020 8471 7672
 Wednesdays and Thursdays
 11am–4pm

Malayalee Association of UK
 671 Romford Road
 Manor Park E12 5AD
 020 8553 4667
 Thursdays
 1–4pm
 Tuesdays Women's Group
 1–4pm

Newham African Caribbean Resource Centre
 627-633 Barking Road
 Plaistow E13 9EZ
 020 8471 2258
 Mondays, Wednesdays and Thursdays
 10am–3pm

Ramgharia Community Centre
 270 Neville Road
 Forest Gate E7 9QN
 (entrance via 231 Plashet Road)
 Tuesday
 11am–3pm

Sub-Co
 49 Plashet Road
 Upton Park E13 0QA
 020 8548 0070
 Wednesdays
 10am–12noon

Sree Naryana Guru Mission
 16 Barking Road
 East Ham E6 3BP
 020 8471 0720
 Mondays and Tuesdays
 10am–2pm

St John's Community Centre
 Albert Road
 North Woolwich E16 2JB
 020 7476 1666
 Tuesday 10am–12noon
 Thursdays and Fridays
 12.30–3pm

The Hub Community Centre
 123 Star Lane
 Canning Town E16 4PZ
 020 7473 5249
 Wednesday only
 10am–12noon

The Well Community Centre
 49 Vicarage Lane
 East Ham E6 6DQ
 020 8586 7070
 Tuesdays and Thursdays
 9.30am–3pm
 Friday
 10am–2pm

Trinity Community Centre
 Bothwell Close
 Canning Town E16 1QS
 020 7476 5120
 Mondays, Wednesdays and Fridays
 9.30am–1pm

Trinity Community Centre
 East Avenue
 Manor Park E12 6SG
 020 8472 8947
 Wednesdays (women only)
 1.30–4pm
 Thursdays (men only)
 1.30–4pm

Upton Centre
 Claude Road
 Plaistow E13 0QB
 020 8552 8647
 Wednesdays
 11am–1.30pm
 Fridays
 11am–2pm

Even with its setting off the beaten path, meaning that a bit of effort and knowledge is required to find it, E13 Mix is all about inclusion: everyone between the ages of 11 and 19 is welcome. Robin explains: "E13 Mix began with a group of friends from different schools, different backgrounds and different faiths. They found that there wasn't one place they could all go; every youth club was faith-based, school-based, area-based etc. So they campaigned for a youth centre whose catchment area was the whole borough – somewhere everyone could mix."

The young people took their idea to the NCY Trust, a Newham-based charity, who helped them put a bid together. A

tender went out for architects to design the building and a steering group of young people worked with them every step of the way. Together they produced a light and spacious modern building that would later win an award from the Royal Institute of British Architects for its design.

This level of involvement is what really gives E13 Mix its magic. Says Robin: "Young people participate in every aspect of what we do. They attend our team meetings and have an input on everything.

"For me that's what youth work is all about. Young people are not any different from you and me, they're just younger – and they have just as much to offer. What we try to do is offer them situations that

create opportunities, but we don't hand them anything on a plate. So if they want to do something, they have to work for it."

And they certainly do. There are now several youth enterprises in the pipeline, thanks to their creativity and hard work: Mix Mag, a magazine that is just starting to get up and running; Fit Firm, which plans to offer fitness coaching to the community, and a record label. A youth enterprise called Re-cycle is also in the offing, where the police will provide bikes that have been seized or stolen and not claimed and young people will fix them and sell them on.

Robin is also planning a series of free accredited training opportunities with

Star in the east

For more than 300 of Newham's young people, there's only one answer to boredom, frustration and evenings spent staring at the TV: E13 Mix. Nestled in a corner of Cumberland Road in Plaistow, the club is breaking ground in youth participation and challenging stereotypes about young people. Centre manager, Robin Lockhart, gives the Newham Mag his take on why the club is such a hit with its young customers.



"Young people are not any different from you and me, they're just younger – and they have just as much to offer"

St John Ambulance for the E13 crowd, equipping them with useful skills. As well as first aid, there will be courses in a huge variety of subjects.

But it's not all work and no play; the centre boasts pool and ping pong tables,

an IT suite, a performance arts space and much more, including special holiday programmes that are, of course, planned out by the young people.

The centre's participatory approach has even been recognised as a model of good practice by the Government. However inclusion is just as important – it's even included in the name! Robin is rightly proud of the centre's record, saying: "Here we don't care where you're from or what your background is. Our building is fully accessible and we have several disabled members. The parents of those kids love the fact that they are coming to a general youth club and not a dedicated disabled session. We've got three autistic

boys from the Real Life Parenting project and two blind girls, one of whom regularly beats everyone else at hover hockey."

So the message to all of Newham's young people is to get involved. Robin concurs: "You don't have to have the latest shoes, you don't have to be into the latest music, you don't have to be good at anything – just come and give us a try."

E13 Mix is open Monday to Thursday from 6.30 to 9.30pm. Different timetables apply during school holidays. Call 020 7474 7639 or email e13mix@nctytrust.org for more information.



Are your lungs older than you?



Find out this month, as the Newham Primary Care Trust takes its stop smoking service on the road. Each week, you can find the roadshow vehicle in a different, easy to find location in the borough – including supermarket car parks and a local market – during the 12 week campaign.

The roadshow team hopes to encourage hundreds of Newham residents to stop smoking by offering them practical advice and support at a time of year when many are trying to quit.

Smokers' lungs can be years older than their natural age, so visiting smokers will be offered a free lung age test on board the vehicle. Lung age tests use a device called a spirometer, which measures how much air you can breathe out from your lungs in the first second of breathing out. This measurement can be shown as "lung age". Your lungs become less efficient naturally with age; however, smoking can damage lungs and cause them to age more rapidly than normal. Lung age is the age of a healthy person who would have the same lung capacity as the smoker. For example a 35-year-old smoker, who has been smoking 20 cigarettes a day for 20 years might actually have a lung age of 55.

On the bus, smokers can also sign up for continuous support and advice, including weekly motivational text messages, and the chance to revisit the roadshow on a regular basis to track progress.

So what are you waiting for? Make a new start this new year, kick the habit and rejuvenate your lungs! You can catch the roadshow at various venues until 27 March – see right for the one nearest to you.

Locations

East Ham

St John's Road Car Park (off High Street North), East Ham, E6

When? Every Monday until 23 March, from 10am-4pm

Canning Town

Rathbone Market, Barking Road, Canning Town, E16

When? Every Tuesday until 24 March, from 10am-4pm

Beckton

Sainsbury's Savacentre, Beckton Triangle Retail Park, Beckton, E6

When? Every Wednesday until 25 March, from 12noon-7pm

Tesco Extra, Gallions Reach, 1 Armada Way, Beckton, E6

When? Every Thursday until 26 March, from 12noon-7pm

Stratford

The Picture House Stratford (at rear), Salway Road, Stratford, E15

When? Every Friday until 27 March, from 10am-4pm



A client comes to find out more



A resident finds out his lung age



An advisor explains how the spirometer works

Your Council Tax paid for all this...



Newham has the lowest Council Tax of any outer London Borough.

No one looks forward to getting their Council Tax bill, but did you know that your Council Tax pays for everything from libraries and parks to sports facilities and help for elderly people at home?

If you have trouble paying, call us on 020 8430 2000.
Don't get into debt. We're here to help.

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Newham
www.newham.gov.uk



Heart disease

managing the risk

Cardio Vascular Disease (CVD) is Newham's biggest killer. We have high levels of all the major risk factors including diabetes, high cholesterol, smoking and obesity. Risk factors build up from childhood, so no matter what age you and your family are it's probably time you thought about giving your heart some love and care.

What can you do to make your heart healthier? Prevention is better than cure, and by making small changes to your lifestyle you can reduce your risk of developing coronary heart disease.

- Get your blood pressure and cholesterol levels checked – this is a great way to check your health, and finding out if something is wrong early can make a huge difference to how much treatment you need.
- Lose a few pounds – if you've piled on the inches over the holidays make it

- your new year's resolution to trim that flab.
- Try eating healthily – buy more fruit and veg and get creative in the kitchen instead of eating your regular take away.
- Get your heart pumping – a bit of exercise or even a brisk walk will get your heart beating back to health again.
- Quit ciggies for good – smoking is nothing more than your body telling you it wants a poisonous substance it doesn't need. Quit right this second and your heart, friends and family will thank you.
- Chill out – stress is bad news for your heart. If you regularly find yourself counting to ten to calm down then it's time to change your lifestyle. Make time to relax every day and give yourself extra time to do things.
- Look into your past – does your family have a history of heart disease? If so it's even more important to love your heart.

Councillor Clive Furness, executive member for health, said: "You can't underestimate the importance of keeping your heart healthy, and a few simple steps really can make a big difference. If anyone is worried about their heart health their GP will be able to tell them about the full range of services available in Newham."

If you'd like to find out more about looking after your heart, you can call the British Heart Foundation's Heart Helpline on **0300 330 3311**.

Alternatively, your GP can assess you to find out if you are at risk of developing CVD over the next 10 years.

Fostering

Change a child's future



Call Newham Fostering and Adoption Service
on 0800 0130 393 to find out more.

www.newham.gov.uk/fostering

Community care

If you enjoy helping people, have a room in your home and some time to spare the Newham Adult Placement Service wants to hear from you. The team are looking for residents to help and care for people with mental health support needs. In return, you will receive training, support and payment for your time and effort – more importantly you'll help someone begin their journey towards an independent life.

The Newham Adult Placement Service can be likened to a fostering service for adults with mental health issues, whose condition does not require residential or round the clock care. Service users are placed with carers in a home environment to give them the skills and experience they need to live an independent life. The scheme is open to anyone living in Newham who has a spare room in their home, a caring nature and time to support another adult. Although this is not a full time commitment, you would need to be contactable during the day and at home in the evening and at weekends.

The benefits of the scheme are two-fold and both the carer and the client have much to gain. For the client, it is an opportunity to live alongside someone who will ensure they are safe, in a homely environment and, ultimately, able to take steps towards their independence. Financial gain aside, for the carer it's an opportunity to really make a difference to someone's life. There is support for the carer at every stage and placements are regularly reviewed.

In her own words: **Rose Munuo, carer**

“I've been looking after adults with mental health problems for more than five years. I heard about the scheme through a friend who gave me the basic information and told me to find out more. As a former psychiatric nurse I already had experience

of working with this client group, but you don't have to be a professional to be involved in the scheme – all you need is a caring nature.

“Despite my previous experience I underwent lots of training to help me with things like how to observe changes in your client, medication and communication. Whilst you're a carer there's ongoing training which everyone takes and a carers' group where you can meet other carers.

“It's your job to make sure the client is safe and well. That includes making sure they take any medication and attend appointments.”

“It's your job to make sure the client is safe and well. That includes making sure they take any medication and attend appointments. With the medication, you don't have to administer it but make sure it's being taken at the right time. This could mean anything from reminding the person to take it, to making sure that they take it in front of you.

“When I have a client staying here they need to tell me who they're inviting round. If I've got any concerns I can call my client's care co-ordinator or the out of hours support line, which operates 24/7.

“Some of my clients have been to college, work or training whilst staying with me. When we have time we go out

together on shopping trips. We also do things like cook together so they can learn through my example and hopefully become confident in doing it themselves. My current client is beginning a work placement, which involves training and I helped her through the application process.

“So far, I've looked after five people. My advice to anyone thinking about becoming a carer is to find out more; if you think it's right for you give it a go. It's really rewarding and satisfying to know you're helping someone. I consider my clients as family. The younger ones are my grandchildren and the older ones my children. Sometimes when we go out someone might ask who the person I am walking with is and I introduce them as my son or daughter.”

“It's really rewarding and satisfying to know you're helping someone. I consider my clients as family”

Could you be a carer?

For more information on the Newham Adult Placement Service call 020 8221 7600.



Carer Rose Munuo



THEY'RE YOUR SERVICES, SO USE THEM!

Whether you have just moved to the borough or have been living here for a while, alongside your weekly refuse collection there is a raft of free services offered by the council which can help you get rid of your waste responsibly. Here's how you can play your part:

Orange bags

We have increased the number of orange bags that we give you. These are for recycling your waste



and not to be used as refuse bags for general rubbish. You should fill your orange bags with recyclable items such as food and drink cans, newspaper, junk mail, magazines and plastic bottles; see the bag for what goes in. Remember to leave your bag beside your bin, on the boundary of your property by 6am on the morning of your collection. You can pick up more bags from your Local Service Centre or library.

Green garden waste

Whether you're a green-fingered-guru or just not sure what to do with your browning Christmas tree, Newham Council can help. We offer a free green garden waste collection for everything from weeds, hedge trimmings, flowers and leaves to the Christmas tree that has seen

better days. Just call us on 020 8430 2000 and leave the items



out in a black bag on the boundary of your property. Better still, why not get a compost bin? You can compost vegetables and garden waste and stop your kitchen slops going to landfill. There are two sizes on offer: standard 220-litre compost for small to medium gardens at £4, and large compost bins that are 330 litres at £5.

Bring bank sites

Instead of putting your glass bottles and jars in the bin, why not take them down to your local bring bank site? There are loads

around the borough where you can also recycle textiles, food and drink cans and paper. You can find them on busy roads and near supermarkets. Search www.newham.gov.uk to find your nearest one.



Bulky waste

If you've bought some new furniture we can help get rid of your old items. Unlike many



councils we offer a free collection for up to six bulky items, including fridges, wardrobes, mattresses, beds and chairs; all you need to do is get in touch.

One number

To find out more about any of the schemes above please call us on 020 8430 2000 or visit www.newham.gov.uk



Out with the old...

**We're changing the way we collect
your orange recycling bags**

**Please securely tie and leave your orange bags
beside your wheelie bin, NOT in your bin, by 6am
on the morning of your collection**

**Our priority is to get recycling right for you. If you
have any questions about these changes, please
call 020 8430 2000 or visit www.newham.gov.uk**

**You can pick up more orange bags from your
Local Service Centre or library**



Everyone's talking about school meals and how they can help our young people eat well. But in other parts of the world, a school meal is even more vital – it could be the only one of the day for schoolchildren.

Newham's schools are pledging their help this month with the Really Good School Dinner initiative. During the final week of January, pupils of all ages are being asked to have a school dinner and donate an extra 10p. All the money raised will be used by the UN World Food Programme to provide children in countries including Kenya, Cambodia and Guatemala with a school meal.

Find out whether your child's school is taking part by visiting www.getreal.uk.com/really-good-school-dinner and give them 10p to help make a big difference to a child's life.

A famous recipe from Forest Gate Community College

Karen Dray, school cook at Forest Gate Community College, was recently rewarded for her creativity in coming up with delicious and healthy recipes for the school menu using Quorn. The company was so impressed that it published Karen's recipes on a fact sheet and calendar – but you can try one of them out for free here.

Quorn Keema Naan Serves 15

Ingredients

15ml vegetable oil
250g onion, finely chopped
15g garlic, crushed
15g ginger, crushed
1-2 green chillies, deseeded and chopped
600g Quorn mince
250ml vegetable stock
2 tsp garam masala
15 naan breads
1 tbsp fresh coriander, chopped

Method

Lightly brown onions in a saucepan.
Add garlic, ginger and chillies and fry.
Stir in Quorn mince.
Add stock and bring to boil, then simmer.
Reduce stock until mince is moist but not wet.
Remove from heat and add garam masala.
Spread over naan breads, fold in half and heat under grill or in oven.
Garnish with the coriander.
Munch!



The Really Good School Dinner

a small gift to children in developing countries



NOTICE

ALCOHOL CONSUMPTION IN DESIGNATED PUBLIC PLACE

Pursuant to the Criminal Justice and Police Act 2001 and the Local Authorities (Alcohol Consumption in Designated Public Places) Regulations 2007, the London Borough of Newham is considering making a Designated Order.

1 The area included in the Designated Order would be the area for Stratford and Forest Gate highlighted in the shaded area of the map, which is bounded by Stratford DLR northbound heading towards Maryland Station, The Grove, Forest Lane, Field Road, MacDonald Road, Clinton Road, Woodgrange Road, Chestnut Road, Godwin Road, Cranmer Road, Richmond Road, Green Street, St Georges Road, Upton Lane, Ham Park Road, Vicarage Lane, Densham Road, West Ham Lane, Pitchford Street, Chant Street, the walkway behind Stratford Magistrates

Court, High Street Stratford and the railway line to Stratford DLR.

2 The effect the Designated Order would have on the area shown on the map would make it an offence for any person to drink alcohol in the designated area after being required by a Police Officer or Police Community Support Officer not to do so. The police would also have the power to confiscate and dispose of any alcohol and containers in the person's possession. In either case a person may be arrested if they fail, without reasonable excuse, to comply with the officer's request to stop drinking alcohol or hand over any alcohol when asked to do so.

3 Representations on whether or not such an order should be made are invited and should be sent to the London

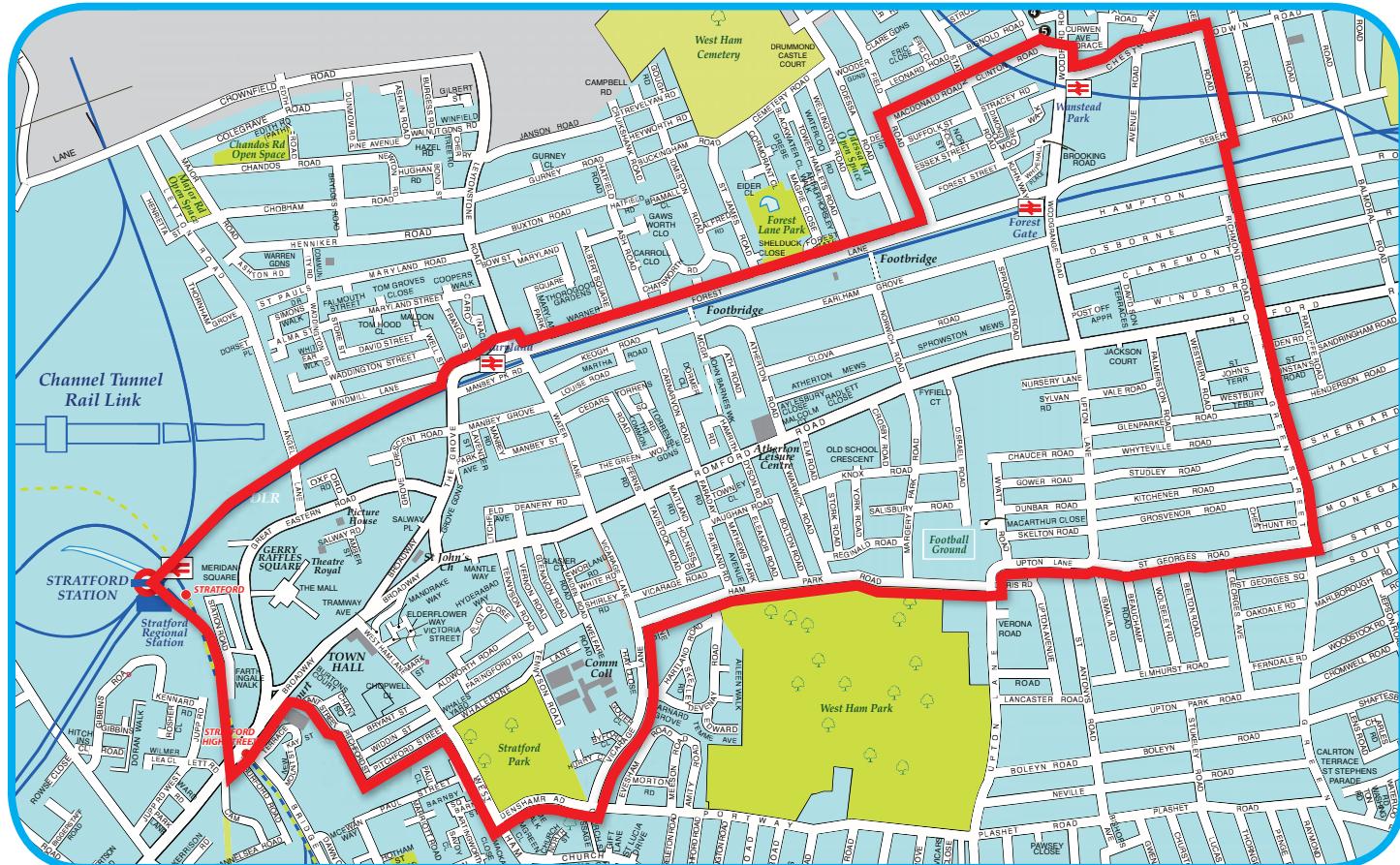
Borough of Newham, for the attention of Ian Walker, Head of the Crime and ASB Service, Units 2-4, K Annexe, Warehouse K, Seagull Lane, London E16 1DR or to csu@newham.gov.uk by 5 February 2009.

4 A map showing the designated area is available for inspection at the Community Safety Unit, Crime and ASB Service, Units 2-4, Warehouse K, 2 Western Gateway, London, E16 1DR.

Dated this the 17 December 2008



Joe Duckworth, Chief Executive





Are you interested in how your borough is policed? Do you want to help influence community safety initiatives? Then the Newham Community and Police Forum needs you and your organisation.

Members wanted

Although supported by the council, the forum is independent and non-political. It gives the local community the opportunity for constructive discussion and debate with the local police and those involved in reducing crime and anti-social behaviour. The forum is also an opportunity for local people to be consulted on police and crime prevention initiatives in the borough.

Current chair of the forum, Jill Powell, is a long standing member of the group. She said: "To become part of the forum the only thing you need is the desire to live in a decent community, without the fear of crime. We can only improve the safety of the community if we talk to the

police and they talk with us – which is precisely what the forum is all about."

Meetings are open to the public and are generally held bi-monthly, in the evening. In addition, special events and demonstrations are arranged to help understand aspects of policing.

The forum is keen to broaden its membership by including organisations that represent the diversity of the borough's population, and are particularly interested in hearing from young people. If you belong to an organisation and want to contribute to policing and community safety issues, the forum wants to hear from you.

If your organisation is interested in joining the forum, please contact **Georgina Wills on 020 8430 3216 or email georgina.wills@newham.gov.uk**

The deadline for applications is Friday 13 February. There are limited places for forum members but everyone is welcome to attend the meetings.

Find out more about the forum and its work by attending an open meeting on Thursday 29 January, at 7pm, at Newham Town Hall, East Ham.

NEWHAM SERVICES FORUM

TO ADVERTISE IN THE NEWHAM SERVICES FORUM PLEASE CONTACT JULIE BROWN ON 07890 529 090

Calling Ambitious People in Newham, Redbridge, Barking & Dagenham

- Would you like to gain an international leadership qualification?
- Do you live or work in Newham or neighbouring boroughs?
- Do you work/volunteer in an organisation that assists African people?

Here is your chance to gain the International Leadership Management (ILM) in Team Leading.

We have limited fully funded places so hurry book your place on the course now!

To book a place contact:

tel: 020 7474 3176 fax: 020 7474 3356

email: enquiries@bemccf.org.uk

Remember: Only a few places are fully funded

Or access information on: www.bemccf.org.uk

Black and Ethnic Minority Community Care Forum



Taster Course for Prospective Teachers 3 day course in February 2009

Are you interested in teacher training?

Are you a graduate, or in the final year of your degree?

This Taster Course will give you an introduction to teaching, covering issues such as the National Curriculum, bi-lingual learners and behaviour management. You will have the opportunity to spend a day in an East London school.

This course will help high quality eligible candidates onto both PGCE courses and employment based training courses.

The course has been organised by Newham Children and Young People's Services. It is funded by the Training and Development Agency for Schools and is free of charge.

The course will be held during the day on **23rd, 24th and 25th February 2009**.

Applications are particularly welcomed from Black and Minority Ethnic graduates, a priority recruitment focus of the Teacher Training Agency.

To download an application pack go to www.teachnewham.org or for further information contact Rosalind Sarwan on **0208 430 4955** or by e-mail: rosalind.sarwan@newham.gov.uk

Closing date for completed applications: **4pm, on Friday 6th February 2009**.

Please note that this course is not suitable for Overseas Trained Teachers.

The schools in this authority are committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.



Training & Conference Facilities:



Newham's Professional Development Centre to hire for meetings, training, seminars & events.*

- 15 rooms for groups of 6 – 150
- most with wheelchair access
- £60 to £192 per day
- with multimedia projector, video, flipchart
- off-street parking for 120 cars
- Café – meals, snacks & refreshments
- Media Services – one-stop print shop.

*Not available for party hire.

CREDON  **CENTRE**

0208 430 5943 www.npd.newham.gov.uk

NQT Open Evenings

Do you want to start your teaching career in a vibrant, multicultural London Borough?

Then come along to find out about teaching opportunities in



The events are being organised by Newham's Teacher Recruitment Service

Details:

Primary: Monday 26th January

Secondary: Monday 16th March

Both events will be held from 4.00 – 5.30pm

Refreshments will be provided.

Find out more about:

- the benefits of teaching in Newham;
- how to apply to the primary pool/secondary schools and the interview process;
- being an NQT in Newham;
- the induction process and support for NQTs.

Prior to attending the open evening, you will also have the opportunity to spend the afternoon in a local school.

Places are limited so please register at: www.teachnewham.org to book a place.



Could you be a Paralympic Champion?

With just three years to go, 2012 isn't such a long way off. London has officially been handed the Olympic and Paralympic reins and, in case you didn't already know, although there are five host boroughs Newham will house around 60 per cent of the Olympic and Paralympic Park – making our borough the most happening place in London.

It's not surprising then that preparations are going on across the borough. One particular scheme gaining momentum is inviting school staff and community leaders from a raft of youth organisations to become our Paralympic Champions. No matter what your age, background or experience, if you want to help raise awareness of the Paralympic Games we want to hear from you.

The forum links in with Newham Council's Learning and Community Services and 2012 Games Unit. Together they aim to deliver the message of the Paralympics in schools through

assemblies, presentations and classroom activities. They also facilitate sport sessions for disabled and non disabled students to learn about Paralympic sports, and by doing so help to break down the barriers between them and create greater understanding of each other.

Schools and community groups can register their interest to become Paralympic champions now. Members can expect to receive updates about the Olympic and Paralympic Park design, legacy and sport provision available in the borough. Meetings are held quarterly but members can express their interest to join at any time. The teams are particularly interested in getting as many schools involved as possible, so if you attend or work at a Newham school speak to your teacher or a member of staff about getting involved.

Executive member for equalities, Cllr Neil Wilson, said: "The best way for people to have a better understanding of each other is through integration. The Paralympics Champions Forum



Paralympic Champion swimmer Dervis Konuralp helps spread the word

aims to change attitudes about disabled people through positive messages and working together using the Paralympics as a conduit. The forum is a great way to gain a wealth of knowledge around disability sport. If you're from a school or community group take the first step and find out more."

For more information email Jassica.Khanom@newham.gov.uk or call 020 8430 6012.

There's plenty of buzz about the London 2012 Olympic and Paralympic Games, but what's even more important to Newham is what happens after the last athlete has packed up. New homes, places of work, parklands, schools, health and sport facilities, public transport: hosting the Games will bring big changes in all these areas, which come under the umbrella term 'legacy'. Now is the time for you to influence key legacy decisions that will have an impact on the lives of everyone in Newham.

The Legacy Masterplan Framework is a grand name for the document containing all of the plans for changes after 2012, which is still being written.

In February, the organisations writing this framework – who are being led by the London Development Agency – will begin once again to ask for your opinions. The six-week period will offer you the opportunity to respond to a written consultation, attend one of the topic or local workshops or drop in to a roadshow which will be visiting community locations in the borough.

So if you're interested in housing, for example, you'll want to go along to the housing workshop, but if you just want an overview of what the options are for Newham, you could attend the general workshop. You could even go to all of them, but be aware that places are limited, so register your interest now by visiting www.legacy-now.co.uk/designing-the-park/have-your-say/register or calling 020 7549 2184.

DATES FOR YOUR DIARY

Transport workshop on Tuesday 10 February, 2-4.30pm at Old Town Hall, Stratford.

Social Infrastructure Workshop on Wednesday 11 February, 10am-12.30pm at Town Hall, Stratford.

Housing Workshop on Wednesday 11 February, 2-4.30pm at Old Town Hall, Stratford.

Environmental Sustainability Workshop on Friday 13 February, 6-8pm at Whitechapel Idea Store, 321 Whitechapel Road, E1.

Parklands Workshop on Friday 13 February, 2-4.30pm at Old Town Hall, Stratford.

General Newham drop-in workshop on Tuesday 10 February, 6-8pm at Old Town Hall, Stratford.

All venues will be fully accessible to people with mobility impairments. If requested, we can provide: British Sign Language support in the form of a BSL interpreter and palantype support; documents in Braille, large print, easy read and audio; faith room or quiet space for prayer. All dietary requirements can be provided for if requested.

2012 AND BEYOND HAVE YOUR SAY



NEWHAM » IN FOCUS



WIN tickets to the opera - New York Met comes to Stratford

The Big Apple comes to the big screen this new year, as Stratford Picturehouse hosts New York Metropolitan Operas, transmitted live via satellite straight to the high definition digital screen. The Observer newspaper described it as "like having not just the best seat at the Met but all the best seats simultaneously".

Experience high end culture at affordable prices on your very own doorstep. Choose from Lucia di Lammermoor on Saturday 7 February at 6pm, Madama Butterfly on Saturday 7 March at 6pm or La Sonnambula on Saturday 21 March at 5pm – or go to

all three! Tickets: adults £25, concessions £20, under-15s and Picturehouse members £17.50. Book by calling 0871 704 2066 or visiting www.picturehouses.co.uk

Stratford Picturehouse has three pairs of tickets to give away to three lucky Newham Mag readers. To be in with a chance of winning, email your name, address, phone number and age to newham.mag@newham.gov.uk or write to the Editor, Newham Mag, Newham Town Hall, E6 2RP. Closing date is 30 January.

Have a ball with the West Ham Bowling Club

Newham residents have been meeting and competing at West Ham Bowling Club since 1915, where a friendly atmosphere never detracts from the serious business of sport. Bowling is gaining in popularity once again, as its moderately taxing exercise and more seriously taxing strategy combines with a friendly and sociable atmosphere. And West Ham Bowling Club is no exception, extending a warm welcome to new members from all walks of life, irrespective of age, religion or even sporting ability.

The club bowls outdoors on the bowling green at Stratford Park from May until the end of September, and the rest of the year in the Atherton Leisure Centre on Romford Road. Bowlers meet weekdays from 12.30-3.15pm. Interested? Call 020 8471 5252 for more information or email john@boatmaster.co.uk



People with learning difficulties In Control

In Control is a new play acted entirely by people with learning disabilities. The production is the result of a partnership between the council and Look Ahead Housing & Care, who commissioned Theatre Venture and Face Front Inclusive Theatre.

The play follows the life of a character called Frank and looks at common issues including living at home, bullying, losing parents, life in a residential home and learning how to become in control. The play is accessible to people with learning disabilities, using different methods to get its points across. Set as a quiz show, In Control is quickly engaging for the audience.

Premiered in June 2008, In Control was so well received it will be performed again at Stratford Circus from 26 to 28 January at 11am and 2pm and 29 January at 2pm and 7pm. Audiences said: "It was so powerful and funny and it really got the message across."

Tickets cost £6 or £3 for concessions to book call 020 8279 1015. For more information call 020 8519 6678.

New handball coaching sessions for disabled people

Handball is a team sport where two teams of seven players pass and bounce a ball to throw it into the goal of the opposing team. The team with the most goals wins. The council is now pioneering a ten week handball coaching programme specifically for disabled people. The sessions have been created to: introduce handball, provide an opportunity to develop a range of skills, explore and learn to play an Olympic sport and offer an outlet to meet new people and make new friends.

The sessions will run every Wednesday from 4 February at Brampton Manor School, **EAST HAM**, from 6-7.30pm. They are targeted at people aged 11 to 25 years with a range of impairments or disabilities. For more information call Paul Archer on 07811 671 082.



NEWHAM TEENS IN CREATIVE EXCHANGE WITH AFRICA

Newly launched fun fashion initiative, After School Fashion Club (ASFC), has been developed by creative charity Fashion Awareness Direct (FAD) to educate young people about the importance of ethical fashion and fairtrade. Adding another feather to Newham's fairtrade cap, pupils at Cumberland School in **CANNING TOWN** were the first to benefit from this fair-trade exchange.

Aimed at 12 to 15-year-olds, the ASFC works in partnership with The Flame Tree, a women's fairtrade co-operative based in Tumu, North Ghana. FAD purchases hand woven fabrics and equipment directly from the co-operative, which are then made into fashionable bags and purses by the teenagers taking part in ASFC back in London.

Once pupils had completed their fairtrade creations, they took photos of their designs and wrote messages to send back to the women in Tumu. One student said: "This project has given me an insight into the Ghanaian culture. Now I have seen the work of fairtrade, I'm going to do everything in my power to contribute."



Get fit and well with a kettlebell - free taster session!

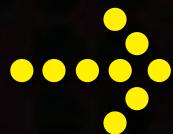
Combine the traditional January activities of trying something new with getting fit and fabulous: give a kettlebell workout a go. Kettlebells, large metal balls with a handle attached, beloved of martial artists, combat athletes and those involved in full contact sports, have joined the mainstream and can count Hollywood a-listers and ex-Spice girls among their advocates. Why? According to trainer, Nuvnish Malik: "Working out with kettlebells delivers functional cardio and strength workouts with a lot of results and no pretension. The catch? You have to work hard!"

If you're up for the challenge, Nuvnish is offering Newham Mag readers a free taster session on Saturday 31 January from 3-5pm at East Ham Leisure Centre.

Local organisations to benefit from new community grants initiative

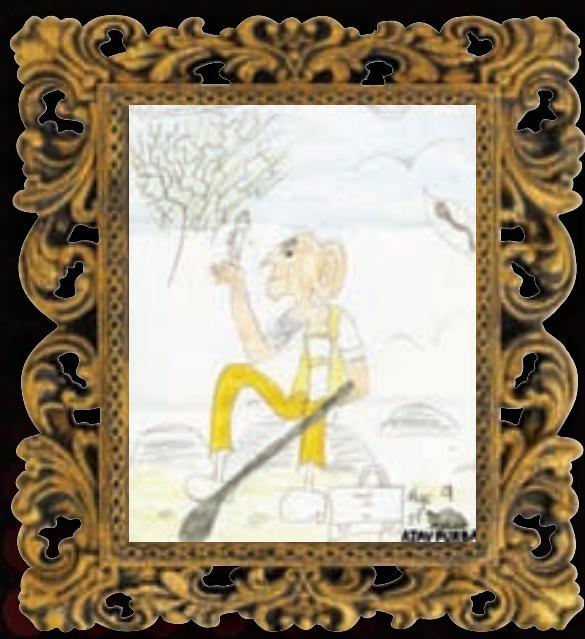
Westfield, the group behind the massive Stratford City development, is launching new community grants to benefit local organisations. The community grants scheme, which will launch early this year, will support local organisations who are looking for sponsorship of up to £1,000 and up to 40 projects will be selected every year. The project will run for at least two years. Any kind of project will be considered, as long as local people will benefit. The successful projects will be chosen based on a set of criteria which will allow a wide variety of projects to benefit, though projects operating in Newham will be favoured initially. Interested? Call 0800 012 1536 for more information.

Kids' Corner



PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, ROOM 59,
NEWHAM TOWN HALL,
EAST HAM E6 2RP

Gallery



Ajay Purba. 9



Qamar Zaman



Samirah Hussain. 6



Mithul Krishna. 8

WordSearch

You must find the following words in the grid:

Poem

I lay awake in bed
Many thoughts running
through my head
One day there will be
no crime
And no one doing time.
No one dying
And no one crying.
No sisters losing brothers
And no mothers losing sons
All through the fault of guns.

To the perpetrators,
No amount of soap or even
bleach can
hide the fact that you
Left them to die on the street
with bruises black and blue.

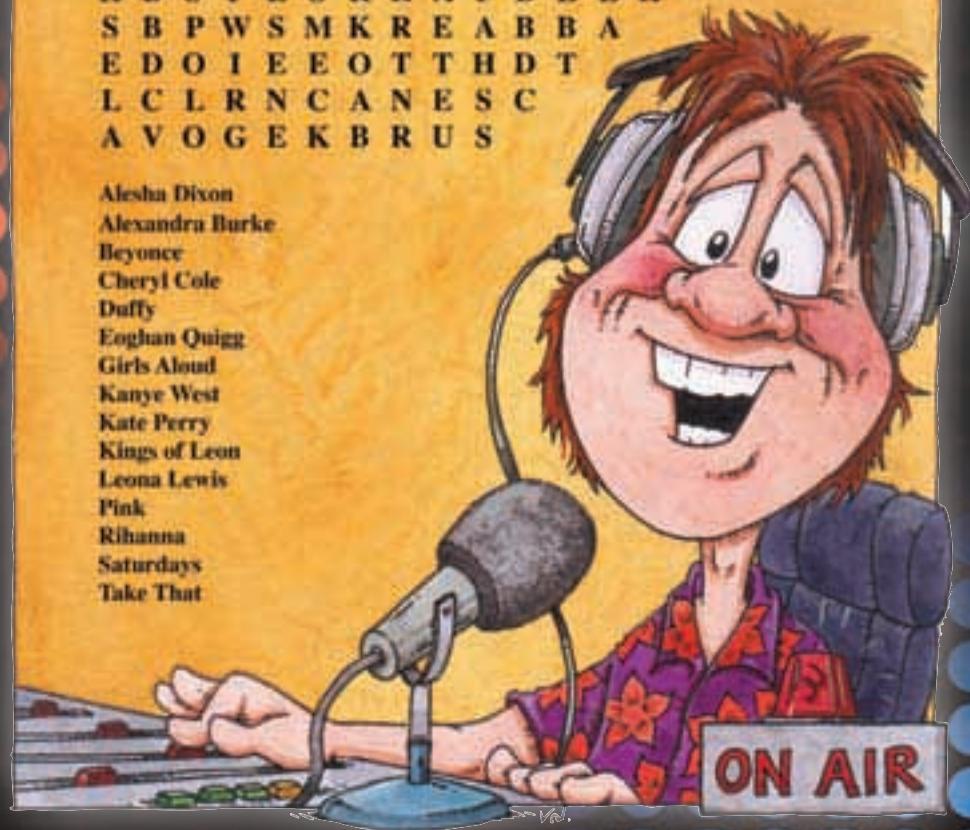
Some day people will
be accepted
for who they are
Not just the quality
of their car.
One day blacks, whites and
Asians will be
holding hands together,
Wearing bracelets that say
friends forever.

I jump out of bed to
go and see
Will my dream become reality?

United We Dream by Omoleyé
Durosinmi-Etti, 11

K I N G S O F L E O N E P B L M C A A
S K G S G E E P S R C V C T D E L L S
Y A E I K I Q H I N I L Y N T U E I I
R N H R R S U M A A E H R S O X F A A
B Y U B E L U Q O O T U A A A Y T F O
N E S A N T S C N S T T N N T A E L Y
O W L S T T T A E A U D D T N T L B T
X E E O R C L U L R H R O Y C A U A
I S I S C E O A D O A G R U E O K
D T R N W L K A B B U R O E R E
A O R I S A Y U U R E D I E T
H B S P E S R R A P B E E H
S B P W S M K R E A B B A
E D O I E E O T T H D T
L C L R N C A N E S C
A V O G E K B R U S

Alesha Dixon
Alexandru Burke
Beyoncé
Cheryl Cole
Duffy
Eoghan Quigg
Girls Aloud
Kanye West
Kate Perry
Kings of Leon
Leona Lewis
Pink
Rihanna
Saturdays
Take That



Poem

Some people think that it's great to be rich
To be cool and keep up with the trends
But riches and looks just don't matter at all
Cos what really counts is your friends.

Friends by Tanzeela, 9, and Fawziya, 5

YOUR SPACE

where young people take control

Got something
to shout
about? Email
your ideas to
[newham.mag@
newham.gov.uk](mailto:newham.mag@newham.gov.uk)

WALK YOUR DAD



Cato with Dad, John

Cato Tallis-Lock, 11, shares his tips for getting your parents away from the laptop and into the outdoors. His advice is so good that his suggestion featured in a new book of actions from the people at We Are What We Do, part of the Community Links family, called Teach Your Granny To Text.

"My dad spends so much time doing work at his laptop while my brother and I take our dog for walks. Even on the brightest, hottest days he will be tapping away on his computer. Meanwhile my brother and I would be having fun taking our dog Frank for his daily walk across Wanstead Flats. The trouble is if an adult or parent does not come with us we cannot go to the tea hut in Wanstead Park and get an ice cream."

"One day at school I discussed this with my friend Edward. We agreed that we needed to take our dads for walks!"

"So, I asked my dad to come and join my brother and I on a walk. He accepted the invitation and came on the walk. He ended up having more fun on the walk than he does fiddling around on his computer. And we went to Wanstead Park and had an ice cream! Hooray!"

"Another time we asked our mum to come as well as our dad."

"Now our parents have so much fun going on walks that they are taking us on walks! I thought of sending this in to 'We Are What We Do' because I think it would be a good thing for lots of families to do for family unity, to have some time to talk and have fun together."

by Cato Tallis-Lock

If you'd like to read more great tips by young people you can buy a copy of **Teach Your Granny to Text & Other Ways to Change the World** from any good bookshop or borrow a copy for free at your local library.

23 JAN – 7 FEB

WHAT'S ON?

To view hundreds of events, or to add your own,
log on to www.newham.gov.uk/whatson



ALL LIBRARY LISTINGS

UNDER 5s GROUPS

All open to under 5s with their parents/carers.

Storytelling**Beckton Globe**

Friday 10-11am

Canning Town

Monday 10.30-11.30am

Custom House

Tuesday 10.15-11.15am

East Ham Wednesday 2-3pm**The Gate** Friday 11am-12noon**Green Street** Thursday

10.30-11.30am

Manor Park Thursday

10.30-11.30am

North Woolwich

Thursday 2-3pm

Plaistow

Tuesday 11am-12noon

Stratford Tuesday 11am-

12noon and Friday 2-3pm

Crafts Club**Manor Park**

Tuesday 10.30-11.30am

Stratford

Monday 10.30-11.30am

Toy Library**Beckton Globe** Monday

10am-12noon and

Thursday 1-3pm

East Ham Tuesday

10am-12noon and Thursday

10am-12noon

Messy Play**Beckton Globe** Tuesdays
during school term 1.30-2.30pm

Imaginative Play

East Ham Friday

10.30-11.30am

ADULT READING

Adult Reading Group**The Gate** Tuesday 3 February

6.30-7.30pm

Plaistow Thursday 5 February

6.45-7.45pm

Gujarati Reading Group**Green Street** Thursday 29

January 2pm-4pm

Over 50s Reading Group**Beckton Globe** Tuesday 3

February 9.45-11.45am

OTHER GROUPS

Over 50s Club**Beckton Globe**

Tuesday 9.45-11.45am

Writers Group**The Gate** Tuesday 27 January

5.30-7.45pm

YOUNG PEOPLE

Homework Club – For

young people aged 7 to 14.

School term only.

Beckton Globe

Tuesday 4-6pm

Canning Town

Saturday 10-12noon

Custom House

Saturday 10-12noon

East Ham Monday 4-6pm**The Gate** Thursday 4-6pm**Green Street** Tuesday 4-6pm**Manor Park**

Saturday 10-12noon

North Woolwich

Thursday 3.30-5.30pm

Plaistow Thursday 4-6pm**Stratford** Monday 4-6pm**Children's Games Club** –

For children aged 5 to 12.

Canning Town Thursday 29

January 4-6pm

Games Club – PS2 and

Xbox games, music, board games and more activities for ages 8 to 13.

Custom House

Saturday 2-4pm

East Ham Tuesday 3.30-5.30pm**Manor Park** Thursday 4-6pm**Teenage Games Club** –

PS2 and Xbox games, music, board games and many more activities for ages 12-16.

Beckton Mondays and

Wednesdays 3-5pm

Family Reading Group – A

chance for children aged 5 to 11 and their families to read together and have fun.

The Gate Saturday 31

January 2.30-4pm

Children's Reading Group

– Explore the pleasure of reading in a family-friendly environment.

Canning Town Thursday 5

February 4.30-5.30pm

Teen Xtra Evenings – Freeactivities for young people
aged 12-21.**The Gate** Every Friday 6-8pm**Stratford Playerz****Stratford** Thursday 29

January 5.30pm-7.30pm

LIBRARY CONTACTS

Beckton Globe 1 Kingsford Way, E6 5JQ. 020 8430 4063**Canning Town** Barking Road, E16 4HQ. 020 7476 2696**Custom House** Prince Regent Lane, E16 3JJ. 020 7476 1565**East Ham** High Street South, E6 6EL. 020 8430 3647**The Gate** 4-20 Woodgrange Road, Forest Gate E7 0QH. 020 8430 3838**Green Street** 337-341 Green Street, E13 9AR. 020 8472 4101**Manor Park** Romford Road, E12 5JY. 020 8430 2207**North Woolwich** 5 Pier Parade, E16 2LJ. 020 8430 5900**Plaistow** North Street, E13 9HL. 020 8472 0420**Stratford** 3 The Grove, E15 1EL. 020 8430 6890
Archives and Local Studies:
020 8430 6881



ESTATE BASED SPORTS

Sessions are open to 12-18 year-olds, free unless otherwise stated and for all abilities. For more information call 020 8430 2484 or visit www.newham.com/2012Games

Athletics

Every Friday 4.30-6pm 8 to 19 years, Drapers Field

Basketball

For ages 8 to 19 unless otherwise stated.

Leyton Orient Community Sports Programme (LOCSP)

Monday 4.30-6.30pm

Winsor Park

Monday 7-9pm

Froud Community Centre

Tuesday 5-7pm

Royal Victoria Gardens

Tuesday 7.30-9pm

Plaistow Park

Wednesday 5-7pm

Memorial Park

Wednesday 5-6.30pm

New Beckton Park

Thursday 4.30-6.30pm

Priory Park

Thursday 5.30-7.30pm

Barking Road Rec

Friday 5-6.45pm

Forest Gate Youth Centre

Friday 5-7pm

Lister Gardens Park

Tuesday 4.30-6pm, girls 11-16

years Sarah Bonnell School
Thursday 6-8pm, 12 to 16 years
Cumberland Sports College
Friday 4.15-5.30pm,
8 to 11 years
5.30-7.30pm, 12 to 16 years
Cumberland Sports College
Saturday
11am-1pm, 8 to 11 years
Sarah Bonnell School

Youngbloods

Basketball Club

For more information please contact Caroline Charles 07958 307657 or Steven on 07940 111175.

Tuesday 6-8pm, under-15s and under-14s
East Ham Leisure Centre

Tuesday 8-10pm, under-18 and under-16 boys
East Ham Leisure Centre

Tuesday 5.30-7.30pm, under-16s and under-15s
Newham Leisure Centre

Thursday 6-8pm, under-15 boys national league
Newham Leisure Centre

Saturday 1-3pm, under-13s and minis
East Ham Leisure Centre

Cricket

Thursday 5-7pm,
8 to 16 years
Newham Cricket Club
Langdon School
£1 per session
Tuesday 5.30-7pm,
8 to 19 years
Score Indoor Complex
Thursday 4.30-6pm,

8 to 19 years Drapers Field

Football

Monday 6-8pm
Plaistow Park

Tuesday 5.30-7.30pm
Little Ilford Ball Cage

Tuesday 5-7pm
Stratford Park

Tuesday 5-7pm
Phoenix Cage

Wednesday 4.30-6.30pm
Royal Victoria Gardens

Wednesday 5-7pm, 8 to 19 years Stratford Park

Wednesday 7.30-9.30pm, 16+ years (£2 charge)
Score Complex

Thursday 5-7pm
Scud Park Ball Cage

Thursday 6-8pm
Forest Gate Youth Centre

Friday 4-5.30pm (term time only)
St John's Community Centre

Friday 6-8pm
Priory Park Ball Cage

Saturday 2-4pm, 6 to 14 years (£3 charge) Score Complex

visit www.nassa2012.org.uk

Monday 6-7.30pm 12-16 years mixed; 7.30-9pm 18+

Newham Leisure Centre

Tuesday 4.30-6pm

at Sarah Bonnell School E15 (girls 11 to 16)

Thursday 6-8pm

Cumberland Sports College mixed (11 to 16 years)

Friday 16.15-15.30 (mixed 8 to 11 years) 3.30-7.30pm (mixed 12 to 16 years)

Cumberland Sports College Saturday 11am-1pm

Sarah Bonnell School E15 (mixed 8 to 11 years)

Estates Football and Basketball League

Monday 6-8pm, under-14s and under-17s

Score Complex Hard Court Tuesday 5.30-7pm, under-12s and under-14s Drapers Field

Friday 6-8pm, under-14s and under-17s Leyton Manor Park

Newham Swords Fencing Club

Thursday 6-8.30pm

Kingsford School

Friday 6-8.30pm

Lister School

Ages 8 to 18 years

Mini-fence sessions for 5 to 7 year olds

For more information call Linda on 07956 618 898

Football and Basketball

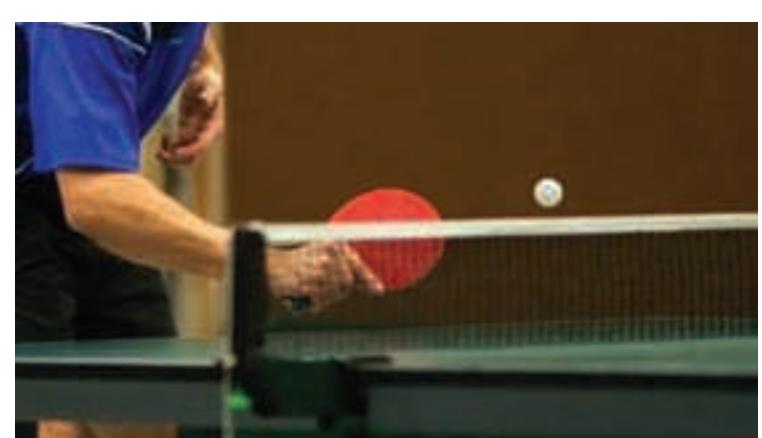
Monday 4.30-6.30pm

Winsor Park

Wednesday 5-7pm

New Beckton Park Ball Cage

Wednesday 4.30-6.30pm



Ford Park
Wednesday 6-8pm
Plashet Park
Thursday 4.30-6.30pm
Priory Park Ball Cage
Thursday 5.30-7.30pm
Barking Road Rec
Friday 5-7pm
Lister Gardens Park
Friday 5-7pm
Canning Town MUGA

Multi-Sports

Monday 5-7pm, 8 to 19 years
Langthorne Park
Monday 5-7pm, 8 to 19 years
Alma Street MUGA
Tuesday 4-5pm
Carpenters and Docklands
Centre (term time only)
Tuesday 5-7pm, 8 to 19 years
Stratford Park
Wednesday 4-5pm
Carpenters and Docklands
Centre (term time only)
Wednesday
5-7pm, 8 to 19 years
The CAGE (Chatsworth Active
Games Enclosure)
Wednesday 5-7pm
Stratford Park
Wednesday 4-6pm, 10 to 19
years Cann Hall Park
Wednesday 5-7pm, 8 to 19
years Major Road Ball Park
Thursday 5-7pm,
8 to 19 years The CAGE

Stratford Table

Tennis Club
Wednesday 6.30-9.30pm
Stratford Secondary School

Eastlea Handball Club

Thursday 4-5pm
11 to 18 years
Eastlea School
Thursday 5-6pm
4 to 11 years
Eastlea School

Stratford Handball Club

Monday 3.15-4.15pm
11 to 18 years
Stratford Secondary School
Monday 4.30-5.30pm
4 to 11 years

Stratford Secondary School

Venue Addresses

*Alma Street MUGA
Stratford E15
Barking Road Rec
Burges Road, East Ham E6
The CAGE (Chatsworth Active
Games Enclosure) Cruickshank
Road, Stratford E15*

*Cann Hall Park
Off Cann Hall Road, E11*

*Canning Town MUGA
Corner of Freemasons Road
and Sophia Road, E16
Carpenters and
Docklands Centre
98 Gibbins Road, Stratford
E15 2HU
Cumberland School
Sports College
Oban Close, Plaistow E13 8SJ*

*Drapers Field
Temple Mills Lane, off Leyton
High Road, E15*

*East Ham Leisure Centre
324 Barking Road,
East Ham E6 2RT*

*Ford Park, Canning Town, E16
Forest Gate Youth Centre
Woodgrange Road, E7*

*Froud Centre
Toronto Avenue,
Manor Park E12 5JF*

*Langthorne Park
Off Leytonstone High
Road, E11*

*Leyton Manor Park
Off Capworth Street,
Leyton E10*

*Lister Gardens Park
Corner of Upper Road and
Florence Road, Plaistow E13*

*Little Ilford Ball Cage
Reynolds Avenue,
Manor Park E12*

*Major Road Ball Cage
Stratford E15*

*Memorial Park
West Ham E15*

*New Beckton Park Ball Cage
Savage Gardens, Beckton E6*

*Newham Leisure Centre
281 Prince Regent Lane,
Plaistow E13 8SD*

Phoenix Cage



Centre from 10.30am-12noon

Swimming

People with Disabilities Club,
Tuesdays at Newham Leisure
Centre from 3-5pm
Newham Otters Swimming Club,
Saturdays at Newham Leisure
Centre from 4.45-5.45pm
Real Life Parenting, Sundays
at Balaam Leisure Centre from
2-4pm

Trampolining / Fitness / Swimming

SEN and disabled adults at
Newham Leisure Centre,
Tuesdays from 10am-4pm

Get fit for free

Free use of the gym for one
year for people with learning
disabilities at Newham Leisure
Centre on Tuesdays from
1.30-3.30pm. To book an
induction you must contact Susy
Massey on 020 7511 4477

Goalball

First Thursday of the month
at Newham Club, Brampton
Manor School from 5-7pm

Trampolining

Fridays at Newham Leisure Centre
from 4-5pm. Please book places
in advance as space is limited. Call
Susy Massey on 020 7511 4477
or email susy.massey@gll.org

B1 Football Club

Third Sunday of every month
at East Ham Leisure Centre
from 10am-12midday

ALL OTHER LISTINGS

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Multi-Sports

Mondays at Eastlea multi-sports
club for SEN & disabled young
people, Eastlea Community
School from 4-5.30pm

Multi-Activities

People with Disabilities Club,
Tuesdays at Newham Leisure



COMMITTEE MEETINGS

The following meetings all take place at Newham Town Hall, East Ham, unless specified.

Overview and Scrutiny Committee

Tuesday 27 January, 7pm

Newham Community and Police Forum

Thursday 29 January, 7pm

Carers Scrutiny Commission

Tuesday 3 February, 7pm

Health Scrutiny Commission

Tuesday 3 February, 7pm

Newham Partnership – Building an Active and Inclusive Community – Local Action Partnership Board

Wednesday 4 February, 4pm

Development Control Committee

Wednesday 4 February, 7pm

Newham Partnership – Better Health and Well Being Local Action Partnership Board

Thursday 5 February, 3pm

Cabinet

Thursday 5 February, 5pm

Mayoral Proceedings

Thursday 5 February, 5.15pm
Meetings are subject to cancellation. Details of

meetings, agendas and minutes are available at www.newham.gov.uk

STRATFORD MUGA ACTIVITIES

Monday

Community Forum Ladies, 5.30-9.30pm

Tuesday

Basketball, 5-6.30pm
Focus E15 Football, 8-10pm

Wednesday

Handball U12s, Handball Courts, 4-5pm
Handball U16s TID, Handball Courts, 5-7pm

Thursday

Newham Junior FUTSAL, 5-7pm
Newham FUTSAL League, 7-10pm

Friday

Focus E15, Football session, 7-10pm

Saturday

Newham EBS Basketball, 12noon-3pm (every 2nd Saturday of the month)
Newham EBS Handball, Handball Courts, 10am-1pm (every 3rd Saturday of the month)
Russian Circle "Zaniye", Old MUGA, 3-6pm

Key holders: LOCSP: 020 8556 5973; Darren Watson: 0208 430 2489; Leon O'Sahon: 020 8430 2479

COMMUNITY FORUM EVENTS

Get Set Go Green! Environmental event

Saturday 31 January
12noon-4pm
Cleves Primary School
Arragon Road, E6
Hosted by the Green Street community forum and its active community team

OTHER EVENTS

Frank & Barbara Whites Swing Band

Playing Dixieland, jazz favourites, Glen Miller and more
Saturday 31 January, 8pm

St Edmunds Music Group

St Edmunds Centre
464 Katherine Rd
Forest Gate E7 6PN

£5 on door / £4 concessions
(includes interval wine & refreshments)

For more information call 0208 471 0223

Yoga

Regular evening and day yoga classes are held at:

Harold Rd Centre, 170 Harold Rd, London E13 0SJ; tel: 020 8472 2805

Monday

7.15-8.45 pm
All levels – mixed class £4/5

Wednesday

7.00-8.30pm
All levels – women only £4/5

Trinity Centre, East Avenue, London E12 6SJ; tel: 020 8472 8947

Friday

10.00-11.30pm
All levels – women only £4/5
Please bring proof of ID for concession rate. For further information, please contact the centres or email indira@srilakshmi.com

Get Fit @ The Hub

123 Star Lane, Canning Town, London E16 4PZ
Equipment provided
Mondays 1-2pm, 18+ £2 unwaged / £4 waged

Stratford Circlets

Venue: Stratford Circus, Theatre Square, Stratford, London E15 1BX
Box office: 020 8279 1015

The Three Bears

Saturday 24 January
3-3.45pm Tickets £5
A take on the classic Goldilocks tale.
Recommended ages 3-7

The Ugly Duckling

Saturday 7 February
3-3.50pm Tickets £5
A new adaptation of the classic tale about one duckling's quest to find the place where he truly belongs.
Recommended ages 3 plus

USEFUL NUMBERS

020 8430 2000

Hundreds of services, just one number – for all council enquiries

For questions about councillor surgeries or to find out which ward you live in, call 020 8430 2000 or visit www.newham.gov.uk/yourcouncillor

Write to Mayor Sir Robin Wales at Newham Town Hall, Barking Road, East Ham E6 2RP or email mayor@newham.gov.uk

For information about Community Forums freephone 0800 519 4015 or email community.forums@newham.gov.uk

For information about the 2012 Games and how it will affect Newham, visit www.newham.com/2012Games

To report anti-social behaviour call Newham's 24-hour hotline on 0800 731 3300

To speak to the editor of The Newham Mag, call Anita Plaha on 020 8430 2000 or email newham.mag@newham.gov.uk

THE GREENWAY LAST CHANCE TO VOTE!

One of Newham's hidden gems, The Greenway, has been shortlisted for a grant of up to £400,000 to make it cleaner, greener, safer and more enjoyable.

The unique seven kilometre route links Victoria Park to Beckton, slicing through the borough, much of it at roof height, providing stunning views of East London's heritage, landscape and regeneration sites.

We need your vote!

The Greenway needs your vote to win the grant. There are a number of ways to vote and you don't have to live in Newham.

You can only vote once and there are no age restrictions.

Vote online: Visit www.newham.com

Request a postal vote by calling 020 7983 4100 and return it to the freepost address provided.

Vote by text. Text **PARKS** followed by your full **POSTCODE** to **62967** (e.g. PARKS SE12AA). Texts cost 10p plus your standard network rate.

Voting closes on Friday 30 January 2009.



If you'd like to stop smoking we can help you out.

Pop in to a **drop-in** for real support from real people.

Newham's Stop Smoking Drop-ins



Newham's four Stop Smoking Drop-in venues*
are ready and waiting to help you kick the habit.

Pop in for **FREE** friendly advice and support from
people with real experience of helping others stop
smoking and get access to nicotine replacement
therapy (gum, patches etc).**

It's that simple, so don't miss out...drop-in!

The Venues

Health Information Centre (Zone 1) **Newham University Hospital**

Glen Road, Plaistow, E13 8SL
Tuesdays 10am – 4pm

St John's Church, Stratford

Stratford Broadway, E15 1NG
Saturdays 10am - 12pm
Wednesdays 11:30am - 1:30pm

The Hartley Centre, East Ham

267 Barking Road, E6 1LB
Saturdays 10am - 12pm

Canning Town & Custom House Regeneration Project Office

20 Freemasons Road
Custom House, E16 3NA
Saturdays 10am - 12pm

For further information: Call 0800 013 1673 or text 'QUIT' to 60155

* Each drop-in will remain in operation every week until such a time that the service is no longer viable. Service provision will be reviewed by Newham Stop Smoking Service every 3 months and a decision made to continue with, or end the service in a designated area will be made at that stage. We will try to notify service users directly if a service ceases.

** One prescription charge per week will be collected for the first 4 weeks, then one prescription charge every 2 weeks will be collected thereafter. A maximum of 12 weeks NRT may be supplied. Continued supply of medications is subject to terms and conditions.